FIVE-MINUTE SERMON

SEXAGESIMA SUNDAY

THE CHOSEN FEW

These are very important words which we should lay deeply to heart. Their meaning opens out the more we study them, and we would do well to spend a little time in finding out whether we come under the condemnation or not. Let me try to assist you in your exam-

our Lord was a personage that was constantly surrounded by crowds of men and women who were impelled towards Him by many and various motives. His fame had spread throughout the country, and He was regarded by all as a great man; but all were not equally impressed as to the kind and extent of the country was that some His greatness. Hence it was that some came out of pure curiosity, some to re-ceive a favor, while a few we may believe were led to Him by a desire to learn from His lips a higher doctrine than any they had hitherto been

who would estimate His teaching as the babbling of one not wholly in his mind. He acted mercifully because he thereby freed them from the penalty attached to the non-fulfilment of their duty learned in these discourses; for not plainly being ld the will of God, they could not be brought to account for any neglect in sent me to communion when I wasn't fit its carrying out. Our Lord says, "To to go, and so I did not go; he did not you it is given to know the mystery of the kingdom of God; but to the rest in parables." Here we have the antithesis "you" and "rest." The "you" refers dir-ectly to the Apostles, and indirectly to all who are in the same condition of mind and heart is theirs. By the "rest" are to be understood those who are either antagonistic to the divine word, or who are too steeped in sin and ignorance of anything nobler than pondering to the wants of the body and the demands of the passions, to be prepared to receive the revelation that God makes Yes, brethren, the heart and the intellect must be in a suitable condition be-fore we may expect to benefit from anything that God makes known regarding

imself or ourselves. Man of his own natural powers cannot effect anything. In order for us to rise to the supernatural, we need the assist-ance of the Holy Spirit, whose work it is to fill our minds with supernatural vidual co-operation to accomplish in us whatever God has designed from all eternity. The Apostle St. James tells us that "every best gift and every perfeet gift is from above," and surely there can be no more best and perfect rift than the divine whisperings of the cirit of God. This is the reason why e vast mass of mankind in general and Christians in particular, seem to have so little concern with the things pertaining to the soul. They seldom or never hear the voice of God or conscience, instructing them as to the means of salvation, or illuminating their minds for a clearer and larger grasp of the truths of our holy faith. always appear to be stupid and indifferent on any subject not having a direct reference to the things of this life. This, brethren, betrays a sickly state of our spiritual nature. We who are born again by the waters of regen-eration and nourished by the other sacraments of the Catholic Church, and There is no excuse for us. If we do not co-operate with the grace of God, then shall share the lot of those of whom it is said, "But he that hath not, from him shall be taken away even that which he hath."

REPEATING CONFESSIONS

A MISSIONARY SERMONETTE FOR SCRUPULOUS PENITENTS

Rev. T. W. Drumm in the Apostolate " If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all iniquity." (I. John

My dear Christians, if you did me the My dear Unristians, it you did me the honor of reading my last sermonette on the process of making an ordinary con-fession, you probably have a shower of questions to pour at me now. You don't ed to. I have been asked them dozens of times on the mission. That shows that they are of such practical interest

and injurious. (Next time about those that are useful and necessary.) I am speaking now to those poor penitents who are never certain, always doubting, always questioning, fearful, worried supersensitive, scrupulous. For these I put the whole sermonette in two words and say to them: Never repeat your

Please remember that I have already laid down all the fundamentals of every laid down all the fundamentals of every good confession; that is making each confession the best possible, and that anybody in any confession may repeat profitably any big sin, even though it has been confessed many times before. I wish that were established as a standard the confession of the confe ard there would be no repeating confes-

sions, and no need of any.

But to the questions. One will ask to make a general confession, and will give as a reason: "Because I am not sure that my confessions were good;" an-

Chilblains So Bad He Couldn't **Wear Boots**

Douglas' Egyptian Liniment Cured

Though thousands suffer from chilblains every winter, few are laid up with them as was Mr. J. A. McFarlane, of Napanee, Ont. What cured him will surely cure anything in the way of chilblains. Mr McFarlane writes :

"Douglas' Egyptian Liniment cured me of chilblains. My case was so bad that at times I was confined to the house, the affected parts being so sore and festered that I was unable to wear boots. Many remedies were tried without benefit, until I procured Egyptian Liniment, which gave immediate relief.

"Whenever I feel symptoms of this teachle actually are application, of

trouble returning, one application of the Liniment is sufficient to check it. It's wise to keep a bottle of Egyptian Liniment always on hand, ready for im-mediate use when needed. In the case

nedate use when needed. In the case of frost bites, burns or scalds, it gives instant relief.

25.s. at all Druggists. Free sample on request. Douglas & Co., Napanee, Ont.

than any they had hitherto been taught.

Now, with such a motely gathering always around Him, our Lord could not but speak cautiously on subjects so new and difficult to be understood by His hearers. He was only carrying out His own command, "Give not that which is holy to dogs: neither cast ye your pearls before swine." Our Lord in thus acting only did what was reasonable as well as merciful. He acted reasonably in that it would have been the height of folly for Him to use words above the native understanding of the majority, who would estimate His teaching as the world with think it was wrong till this mission;" another, "because I don't think I had the right kind of sorrow;" another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; another, "because I don't think I had the right kind of sorrow; ano contessed my sin and they are lorgiven, yet they keep coming up all the time, they bother me so, and if I tell them again I may get rid of them; another, because I didn't tell everything; because the confessor wouldn't give me time : he wouldn't let me explain ; he understand my case; I'm a great sinner, and he thought me scrupulous; I'm

These are samples of the excuses people offer for making general confes-sions. Some are constantly teasing to repeat their past confessions, and if one confessor won't let them they'll go to another and another. In fact, they sometimes resort to tricks and false pretences to weary a poor confessor and keep weary sinners waiting, and all with a lot of sins long confessed and oft forgiven; and they rejoice in their success and turn the trick again at the first opportunity—like the old lady who went around thanking God and her own smartness, after the mission, that she

made "two general confessions to one of the holy fathers and one to the other." Now listen. Confessions once honest-ly made need never be repeated. Re-peating confessions means looking backward, to the neglect of the future. Good souls are often worried over nothing and grievously tormented. If you not dead certain of having made bad confession, don't repeat. In doubt about sin or confession or sorrow, you are not bound to repeat. Small sins, details and general confessions need never be repeated. Worried, nervous, sensitive and scrupulous souls—never

repeat anything.

These principles ought to satisfy all These principles ought to satisfy all the souls to whom I speak here. If you are "not sure" that your confessions were good, it is likely they were. If you "don't think" you had right sorrow, it's most likely you did have. Be assured the "priest knew what you meant" or he would ask questions. If you can't swear you meant to deceive him you need not you meant to deceive him, you need not repeat confessions. Don't imagine he "did not understand your case;" that is his affair, not yours. If you don't know life. This, brethren, betrays a sickly state of our spiritual nature. We who are born again by the waters of regeneration and nourished by the other sacraments of the Catholic Church, and pessessing so many helps for attaining to a high degree of sancity, should, it was need them rightly and persistently. to a high degree of sanctity, should, if we use them rightly and persistently, rise day by day to a clearer and fuller perception of the divine mysteries, till we come after death to the perfect and complete vision of God in Paradise.

Sin; don't repeat all others. Repeating ahead living it.

In this instruction I wish to discourage the habit of making general confessions won't keep your sins from "coming up all the time." They show the first of compulsory abnegation in the single confessions won't keep your sins from "coming up all the time." They show to their uncducated readers, and age the habit of making general confessions by a great many who do not need to make them at all. I want them to pay of the slang that is so common now awould be well-nigh bankrupt. a warning to others to keep from sin that will "bother" later. You can "get rid of them" by gilding them over with

> charity cheerfully.
>
> A last word, then, to these souls:
> Make your ordinary confessions always
> as good as you know how. That is the
> rule. Never repeat them unless on the advice of your confessor. Put your case before him once for all, and abide by his instruction and never refer to it

again.

Now, a word to the poor scrupulous and the near-scrupulous. Poor things!

They are the most piteous penitents with whom we have to deal. They are always anxious about the past, always always anxious about the past, always questioning, always going into ridiculous details, always repeating, and nearly always dissatisfied. They want to make a general confession every time they go, and if you let them, they will go every day and every hour in the day. And even then it is hard to get them to go to Holy Communion. They worry about nothing in the past, and overlook the sins of today, and these are often worse. as to demand a satisfactory answer.

Here I am going to talk to you about repeating confessions, and particularly about those repetitions that are useless and injurious. (Next time about the

A scrupulous conscience and a delicate conscience do not mean the same

LIQUOR AND TOBACCO HABITS

A. McTAGGART, M.D., C.M., 75 Yonge St., Toronto, Canada

References as to Dr. McTaggart's professional standing and personal integrity permitted by:
Sir W. R. Me:ed th, Chief Justice.
Sir Geo. W. Ross, ex-P.emier of Ontario.
Rev. N. Burwash, D.D., Pres. Victoria College.
Rev. J. G. Shearer, B.A., D.D., Secretary Board o Moral Reform, To:onto.
Right Rev. J. F. Sweeny, D.D., Bishop of Toronto Hon. Thomas Coffey, Senator, CATHOLIC RECORD LONDON, Ontario.
Dr. McTaggart's wagatable.

London, Ontano. Dr. McTaggart's vegetable remidies for the liquor and tobacco habits are healthful safe, inexpensive home treatments. No hypodermic injections, no pub-licity, no loss of time from business, and a certain

thing at all. Sometimes a near-scrupulous person imagines that his scruples are an indication of delicacy on the point of sinning. A delicate conscience fears real sin and wants to avoid it; a scrupulous person imagines there is sin where there is no sin at all. I am reminded of a pony I used to have. He was nervous, shied at every shadow and worked himself into awful excitement, fretted and sweated till he was good for nothing. Now, there was no need of that at all; all shadows, fancies, nothing. Just so with the scrupulous; they fret

Just so with the scrapulous; they free and stew over endless nothings. These poor souls begin by imagining that everthing they do, even good actions, are sins, great and small, and they figure these up in annoying numbers and extraordinary phases. Then they lose all interest in prayer, stay away from the sacraments, grow dis-obedient, stubborn and desperate, and end in becoming wild-eyed, wondering skeletons, maniacs or in the horrid throes of despair and desponder cy.

Poor things! Let us help or save hem if we can by kind advice. If your confessor ever tells you you are scrupulous or getting scrupulous, prick up your lears right away and believe him instantly. It's a warning. Don't go to one conlessor after another; don't go to two; go to the same one always. If ever you made a general confession, make another and then die; just one. Don't ever repeat anything that you ever told in confession; once and quit. In your ordinary duties banish scruples as you would any other bad thought. Don't on any account dally with details or particular phases of sin. Keep the mind well occupied with bright, cheerful thoughts and meditations. Don't talk to you about them.

Put absolute confidence in your con fessor, following his advice blindly. Let nothing tempt you to change or to disobey him who will lead you safe. Father in heaven, our best mother. Rejoice that God is so good, Christ so kind and full of mercy. Open up your heart and fill it with confidence, joy, calm, peace and cheerfulness.

other day I received a letter from Sister Thomas in which she relates an incident that will prove very instructive here, so, I take the liberty to insert it. A dear, good, pious old lady, was listening to a discussion on the merits of general confessions; some one had advocated repeating them often. The dear old saint spoke up rather warmly:
"What! D'ye want to make a liar o'
God. Didn't He say that if we confess our sins once with sorrow and try to give them up after that that they are forgiven and blotted out forever? that enough for ye? What do you want to be confessing them again for?

looks as if you didn't believe Him and want to make Him a liar." That is theology, common sense and Christian wisdom all in a nutshell. A kind person who has generously par doned a fault once is not pleased or complimented if the person thus for-given keeps coming again and again apologizing and asking pardon. He wants him to go away and forget it and not do it again. So with God. He has forgiven; He is kindness and goodness itself, and He only wants you to show that you are sincere. Don't be bothering Him and questioning. His power and authority by repeating your confessions when you have made them honestly and He has forgiven. That remark of the old lady is truth

instinctively expressed. It is a perfect commentary on the text of St. John; it gives the correct meaning to a "T." It gives the correct meaning to a "T." is only another way of saying the same divine thing. It is the inspired truth in simple human words. If we confess our sins. He is faithful and just to forgive us our sins and to cleanse us from all ini-quity." To the best of our ability we have complied with His conditions, have done all that He requires. He will be

fessions and thus to depend less on general confessions. Many people de-



NEED LAUNDRYING You clean it yourself in a few seconds with a damp cloth and sponge and it will look as if it had just come from the laundry.

A STYLE FOR

EVERY WEARER ANT RACK Collars have the following special and exclusive features that will appeal to you:
Waterproof, Pure Linen, Slit in back which makes it easy buttoning and no pressure on the neck, Flexible lips that prevent cracking at the front fold---(see illustration.)

Buy one at your dealers or send, stating rize and style with 25c. to PARSONS & PARSONS
CANADIAN CO.,

101 Main Street, Hamilton, Ont.

These Collars are just the thing for the boys.

MADE IN CÂNADA BY The Parsons Parsons Canadian Co.

THOUGHT IT WAS CANCER

"Fruit-a-lives" completely restored me Sydney Mines, N.S., Jan. 25th. 1910.
"For many years, I suffered tortures from Indigestion and Dyspepsia. Two years ago, I was so bad that I vomited my food constantly. I also suffered with Constipation. I consulted physicians, as I was afraid the disease was cancer, but medicine gave only temporary relief.



I read in the 'Maritime Baptist' about I read in the 'Maritime Baptist' about 'Fruit-a-tives' and the cures this medicine was making and I decided to try it. After taking three boxes, I found a great change for the better and now I can say 'Fruit-a-tives' has entirely cured me when every other treatment failed, and I reverently say 'Whenk Cod for 'Bruit-a tives'.' 'Thank God for 'Fruit-a-tives'.''
EDWIN ORAM, Sr.

"Fruit-a-tives" sweetens the stomach, increases the actual quantity of gastric juice in the stomach and ensures com juice in the stomach and ensures complete digestion of all sensible food.
"Fruit-a-tives" is the only medicine in the world made of fruit juices.
50c. a box, 6 for \$2.50, or trial size,
25c. At all dealers, or from Fruit-a-tives

on the other. They slide over the one and worry over the other, forgetting that they approach a holy sacrament in either case. In this way many souls are very much retarded in their spiritual advaccement disturbed and worried about the past and neglectful of the present and the future.

I hope I may have succeeded in deter-ring many from repeating unnecessary or hurtful confessions, and helping all make confessions good and in bring-ing peace and pardon and strength into many hearts. Amen.

INTELLECTUAL BANKRUPTCY

"Slang phrases," says the Autocrat, " are the algebraic symbols of minds which have grown too weak or indolent to discriminate. They are the blank checks of intellectual bankruptcy." Are these well-known strictures of Dr. Holmes too severe? "I do use slang," a man of education and refine-ment may admit, "but only for the sake of its vividness, novelty or directness. Besides, I have a poet's love for striking metaphors." It is to be feared, however, that most of those who use habitually the cant words of the street leave themselves open to the

Autocrat's censure. The vocabulary of the average schoolboy is so wretchedly poor that he forces a half-dozen slang phrases to hear a hun-dred significations, some of them quite contrary. Such a boy is plainly too lazy, vulgar or ill-read to use words that would convey his meaning with clearness and precision, even if he did not have a marked preference for slang

for its own sake.

But why should his elders declare themselves intellectually bankrupt by initiating him? Newspapers that write tion might be extended almost at pleasof the slang that is so common now adays that it has been heard at the table of the hostess, from the chair of the professor, and even from the pulpit of the preacher.

Men and women who would resent

with indignation the least hint that they are wanting in culture or refinement nevertheless permit themselves the cant expressions of the underbred. Time was when ladies and gentlemen scrupulously avoided the use of all slang. Are tandards now changing in this matter? Let us hope not. Since modern slang is often as ungrammatical as it is vague and banal, those who aim at speaking the English language not only correctly but also with precision and discrimina-tion, should rigorously exclude from their vocabulary all slang phrases.—

A MIRACULOUS PHENOMENON

In his latest of the remarkable series of articles which Hilaire Belloc is writing for the Catholic World, that scholarconstancy of the Irish race to the faith.

He contrasts it with the defection of England in the "Reformation" days, and declares that it was the weight of British apostacy that turned the scales in Europe and made Protestantism a movement to be counted with.

The Reformation claimed its obtained to the scales of the scales

power among the peoples who fringed the Roman civilization, the acceptance of its principles by England brought the first Roman-turned territory under its

Says Belloc: "And its elect upon Europe was stupendous; for though England was cut off, England was still England. You could not destroy in a Roman province the great traditions of municipality and letters. It was like a phalanx of trained troops joining un-trained natives in some border war. England lent, and has from that day continuously lent, the strength of a great civilized tradition to forces whose original initiative was simply directed against European civilization and its tradition. The loss of Britain was one

great wound or lesson in the body of the Western World. It is not yet healed." He thus makes the contrast with Ire land: "Yet all this while that other He thus makes the contrast with Ire land: "Yet all this while that other island of the group to the north-west of Europe, that island which had never been conquered by armed civilization as were the outer Germanies, but had spontaneously and, as it were, miraculously accepted the faith, presented a contrasting exception. Against the loss of Britain, which had been a Roman province, the faith, when the smoke of battle cleared off, could discover the astonishing loyalty of Ireland. And to this exceptional province — Britain—now lost to the faith, an equally exceptional and unique outer part, which had never been a Roman province, yet which now remained true to the traditions of now remained true to the traditions of Roman men, lay upon the map as a counter-weight. The efforts to destroy counter-weight. The efforts to destroy the faith in Ireland have exceeded in violence and cruelty any efforts observ-able in any part of the world. They have failed. As I cannot explain why they have failed, so I shall not attempt to explain how and why Ireland was saved when Britain went under. I do not believe it capable of an historic ex-lanation. It seems to me a phenomenon planation. It seems to me a phenomenon essentially miraculous in character, not generally attached (as are all histori-cal phenomena) to the general and divine purpose that governs our large political events, but directly and speci-ally attached. It is of enormous signifaally attached. It is of enormous significance; how enormous men, perhaps, will be able to see many years hence when another definite battle is joined between the forces of the Church and her oppon ents: for the Irish race alone of al Europe has maintained a perfect integrity and has kept serene without interna reactions and without their consequent

CHRISTIAN SCIENTISTS

There is a large class of men who may be described by the above title, and yet do not believe in the gospel according to Mrs. Eddy. The announcement that the Catholic Truth Society, in pursuit of its very timely anti-Rationalist campaign, is about to publish short lives of eminent Catholic scientific men, is very welcome, for there is hardly any erro more widespread amongst the unthink-ing than there is something incompatible between the possession of pro-found scientific learning and the Christ ian faith. How false this impression is has been aptly pointed out by Father Kueller his Das Christentum und die vertreter der neueren Naturwissenschaft. Let us imagine, he says: "a man so passionately hostile to Christianity as to reject in science and in practical life all help that comes from a Christian hand. How badly off he would find himself! In chemistry, he would have to ignore Berzelius, Dumas, Liebig, Deville, Chevreul, and, practically, rediscover the whole of the modern chemistry for himself. In electricity he must do with Galvani, Volta, Ampere, and Faraday; in Optics he must reject the discoveries of Fresnel, Fraunhofer, and Fizeau, and go back to the old the-ories of emission; in Heat he must dis-card Mayer and Joule. As for Astronomy, when he has shut out the research made possible by Fraunhofer's telescope and the work of Leverrier and Laplace,

there will not be much left.

And turning from speculative science to practical life, our anti-Christian will have to use tallow candles, for stearine is presented to him by the Catholic hands of Chevreul, and as for electricity, he cannot pay for it without paying tribute also to the Catholic names of Ampère and Volta inscribed on his bill. Aluminium he must abandon, for he owes it to the Catholic Deville. He cannot continue to pasteurize his wine photography, nor water-glass, nor cement. His pharmacy will lack Pel-letter's quinine and Pasteur's whole fabric of bacteriology; his medical practices do without Laënnec's auscultation. This list of compulsory abnega-

Rheumatism

To Ge You to Try My Drafts NOW I'll Send Them on Free Trial—Just

Sign and Mail My Coupon

Don't take medicine-write me. Return mail will bring you, prepaid, a pair of the famous Magic Foot Drafts,



the great Michigan Cure for Rheuma-tism of every kind, Chronic or Acute, Muscular, Sciatic. Lumbago or Gout, no matter where located or how severe. The cures these Drafts are working upon thousands seem so

n Europe and made Protestantism a novement to be counted with.

The Reformation claimed its chief power among the peoples who fringed the Roman civilization, the acceptance of its principles by England brought the first Roman-turned tervitory under its sway.

Says Belloc: "And its effect upon Europe was stupendous: for though the counter of the coun

This \$1 Coupon FREE -

Mail this coupon to Magic Foot Draft Com pany, Px6 Oliver Bldg., Jackson, Mich.

North . American Life

Don't Put Off

insuring your life until you are older, have more money, or intend to get married. Now, while you are young and strong, is the best time to insure; besides, it costs less now than later on. It will be a good way for you

to start saving money regularly, and you can not do better than procure a policy at once from the

North American Life **Assurance Company**

"SOLID AS THE CONTINENT"

Home Office

Toronto

This will not prevent materialists like Mr. McCabe from repeating the parrotery - scientific enlightenment s of faith. This theory, like that of abiogenesis, is necessary for their pro-paganda, and they simply cannot dis-card it. They may even believe it, for the credulity of "scientists" of that stamp has become proverbial.

CHANGES IN THE BREVIARY

The Motu Proprio of the Holy Father on the changes in the Breviary has been issued, and at the same time the Vatican Press has published an imprint of some twenty thousand copies of the psalter as newly distributed, while the Pontifical Publishing Houses are already busy upon a new edition of the Breviary including the rearrangement of the psalter. The papal document allows the immediate use of the new ordinance to whoever desires it, but does not prescribe its use until January The present changes affect only the psalms to be recited, not only in the nocturns of Matins, but also in Lauds, Little Hours, Vespers and Com-pline, even the latter changing from day to day during the week. An additional set of Rubrics accompanies the Motu Proprio, giving directions how to recite the Office in the new form, pre-scribing the Dominical and ferial offices more regularly and yet in general reducing the length of the onus diei. The present recast is only a beginning of a thorough reform of the whole Breviary, which the Holy Father hopes to have completed within a reasonable time, and for which he has appointed a Commission consisting of Mgr. La Fontaine. Mgr. Piacenza, Mgr. Gasparri, all officials of the Congregation of Rites; Mgr. Receipt and the Minorite Father Mgr. Tecchi and the Minorite Father Brugnani, both of the Liturgical Com-mission; Father D'Isengard, director of the Roman Liturgical Academy; Mgr. Bressan, private secretary of the Holy Father, and Father Fonck, S. J., rector of the Biblical Institute. The Holy Father has also added to the member-ship of the Commission on Biblical Studies Cardinals Lugari and Van Ros

"VARENI" -

A Pure Silver

For 25 Cents

in quality.

every respect.

pure silver strings.

You?

Violin G String

A real silver string has never

price. Notwithstanding that the

'VARENI" string is not "cheap"

It is made of pure silver care-

fully spun on good quality English

It is accurately made and every

string is of even guage, and is

guaranteed to be satisfactory in

As a result of good materials and

good workmanship, the "VARENI"

string is wonderfully durable and

possesses to a marked degree that

splendidly clear tone peculiar to

You should have the "VARENI"

G string if you have a violin.

Write for a sample. Address

THE WILLIAMS & SONS CO.

143 YONGE ST., TORONTO

gut, and then burnished.



i dyed ALL these DIFFERENT KINDS with the SAME Dye. lused

ONE DYEFORALL KINDS OF GOO

CLEAN and SIMPLE to Use



Westervel School

Y. M. C. A. BLDG., CNDON, ONT. BUSINESS and SHORTHAND SUBJECTS. Registered last season upwards of 300 Registered last season upwards of 300 students and placed every graduate. Seven specially qualified regular teachers. One nundred and fifty London firms employ our trained help. College in session from Sept. 5 to June 30. Enter any time. Catalogue Free. Business and Shorthand J. W. WESTERVELT, R. J. W. WESTERVELT, R. J. W. Principal. Chartered Accountant, Vice Principal.

MENEELY & CO. (West Troy), N

O'KEEFE'S Liquid Extract Malt with Iron

is an ideal preparation for building up the BLOOD and BODY It is more readily assimilated and absorbed into the circulatory fluid than any other preparation of iron. It is of great value in all forms

of Anemia and General Debility. For Sale at Drug Stores

W. LLOYD WOOD General Agent Toronto :: Canada

Using a towel that has been handled by many different people is an unclean habit. Who

EDDY'S Used the Towel TISSUE TOWELS Before

are the acme of cleanliness. A fresh towel for each Absorbent, Sanitary, Economical

Indispensable for Homes, Hotels, Public The E. B. EDDY

Buildings, Steamships, etc.
14 x 15 inches, 500 in a roll.

CO., Ltd. HULL, CANADA

"Make Cleanliness a habit by using Eddy's Tissue Towels.